



RMSC - ROCKVILLE SITE WINTER SCHEDULE
BEGINNING JANUARY 4TH THROUGH MARCH 25TH

INSTRUCTIONAL STROKE SCHOOL

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|--------------------|------------------|------------|
| MONDAY & THURSDAY: | 6:30 - 7:30 p.m. | South Pool |
| WEDNESDAY: | 6:45 - 7:30 p.m. | South Pool |
| SUNDAY: | 8:30 - 9:30 a.m. | South Pool |

JUNIOR II

| | | |
|--------------------|------------------|------------|
| MONDAY & THURSDAY: | 5:30 - 6:30 p.m. | South Pool |
| TUESDAY: | 6:30 - 7:30 p.m. | South Pool |
| TUESDAY: | 4:45 - 6:00 a.m. | North Pool |
| THURSDAY | 4:45 - 6:15 a.m. | South Pool |
| FRIDAY: | 7:00 - 8:00 p.m. | South Pool |
| SATURDAY: | 7:30 - 9:00 a.m. | North Pool |

JUNIOR I

| | | |
|-----------------|------------------|------------|
| MON. & THURSDAY | 4:45 - 6:20 a.m. | South Pool |
| TUESDAY: | 4:45 - 6:00 a.m. | North Pool |
| TUESDAY: | 5:30 - 6:30 p.m. | South Pool |
| WEDNESDAY: | 5:30 - 6:45 p.m. | South Pool |
| FRIDAY: | 5:00 - 7:00 p.m. | South Pool |
| SATURDAY: | 7:30 - 9:00 a.m. | North Pool |

SELECT JUNIOR

| | | |
|---------------------|------------------|------------|
| MON, WED, & THURS: | 4:45 - 6:20 a.m. | South Pool |
| TUESDAY | 4:45 - 6:00 a.m. | North Pool |
| TUESDAY & THURSDAY: | 4:30 - 6:00 p.m. | North Pool |
| WEDNESDAY: | 5:30 - 6:45 p.m. | South Pool |
| FRIDAY: | 5:00 - 7:00 p.m. | South Pool |
| SUNDAY: | 6:00 - 8:00 a.m. | North Pool |

SENIOR DEVELOPMENTAL

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| MONDAY: | 7:30 - 9:00 p.m. | SOUTH POOL |
| THURSDAY: | 4:45 - 6:00 a.m. | NORTH POOL |
| WEDNESDAY: | 7:30 - 8:30 p.m. | SOUTH POOL |
| FRIDAY: | 8:00 - 9:00 p.m. | SOUTH POOL |

SENIOR III

| | | |
|---------------------|------------------|------------|
| MONDAY: | 7:30 - 9:00 p.m. | South Pool |
| WEDNESDAY & FRIDAY: | 3:30 - 5:00 p.m. | South Pool |
| SUNDAY: | 6:00 - 8:00 a.m. | South Pool |

ADVANCED SENIOR GROUP

| | | |
|---------------------|------------------|------------|
| MON., WED, FRIDAY: | 3:30 - 5:00 p.m. | North Pool |
| TUESDAY & THURSDAY: | 4:30 - 6:00 p.m. | North Pool |
| SUNDAY: | 6:00 - 8:00 a.m. | South Pool |

NATIONAL TRAINING GROUP:

| | | |
|------------------------|------------------|------------|
| MON, TUES, WED, THURS: | 3:15 - 5:30 p.m. | South Pool |
| TUES & FRI: | 4:45 - 6:30 a.m. | South Pool |
| FRIDAY: | 3:15 - 5:00 p.m. | South Pool |
| SATURDAY: | 5:30 - 8:00 a.m. | South Pool |